

Learn to Swim

Fall/Winter Lessons

GROUP SWIM LESSONS:

All lessons will be held at the Recreation Center.

Sessions are 40 minutes per day,
Monday and Wednesday for 4 weeks
(2 weeks for mini sessions)

Full sessions—\$35 member/\$40 non-member
Mini sessions—\$17.50 member/\$20 non-member

PRIVATE/SEMI-PRIVATE LESSONS:

4—30 minutes Private Sessions
\$130 members/\$150 non-members

4—45 minute Semi-Private Sessions
\$200 member/\$220 non-member

**For More Information on
Sessions, Fees, and Dates
See Inside of Packet.**

979-297-4533

lakejackson-tx.gov/parks



Lake Jackson
PARKS & RECREATION

2016 - 2017 FALL/WINTER SWIM LESSONS



Classes/Levels/Descriptions	
Aqua Tots Ages 6 months To 3 years	Basic level course that introduces small children into swimming pools. This course helps the parents learn about water safety and water skills along with their child. The purpose of this course is to help children become comfortable in the water and make the transition into a preschool class easier for them. The children will learn basic movements through the water and under the water. Learning how to breathe by blowing bubbles is one focus of this course. Other simple motor skills will also be taught. An adult who is ready to swim must accompany every child enrolled in the course.
Preschool Ages 3–5 Tadpole Level 1	Tadpole is a beginner level course for those who do not have much if any swim experience. Tadpoles are usually timid of the water and apprehensive about putting their face under. These swimmers need lots of “hands-on” attention with continuous positive feedback. Tadpoles learn how to get into the pool safely as well as out of the pool. The class spends more time just getting comfortable in the water and learning how to move in and around the water.
Seahorse Level 2	Seahorse is a course for those who are used to the water and are not timid of it. The course spends less time with water acclimation and teaches more on the swimming strokes. The course will teach the child beginner techniques of front crawl. These swimmers are usually comfortable in the water and need more instruction on stroke development. Swimmers enrolled in this class will spend half the time with the instructors “hands-on” attention and half the class doing it without “hands-on” attention.
Gold Fish Level 3	Goldfish is a course for the more advanced swimmer. These swimmers should have no problem with moving in and around the pool. This course teaches more stroke development and expects the swimmers to progress more rapidly. This swimmer will spend most of the course practicing endurance and skills without “hands-on” attention from instructor.
Koi Level 4:	Koi is a course for the very advanced preschooler. Swimmers in this course will practice the front crawl skills with very little or no help from instructor. This swimmer should be able to swim 5yds by themselves. This course will focus on very specific skill development and endurance. The instructor will focus specifically on each swimmers skill and give corrective instruction accordingly.
Youth Ages 6 – 12 Flounder Level 1	Flounder is a beginner level course for this age group. The level course is for students with very little or no swimming experience. Flounder is a basic level course teaching the essentials of water acclimation. The class spends time learning the techniques to float, tread water, and entering and exiting the pool safely. They will learn basic breathing techniques and start the beginning stages of front crawl. The comfort level for these swimmers is very low. The instructor for this class is very much “hands-on”.
Mullet Level 2	Mullet is a step up from beginners. These swimmers know basic techniques but need to practice them. The comfort level is higher for this class but still needs more repetition. Mullets start getting the skills down by themselves, very little “hands-on”. This class will be introduced to the backstroke. Endurance is a priority in this class.
Snapper Level 3	Snapper is a course for the intermediate swimmer. Snappers love to swim but lack strong stroke technique. This course will teach specific stroke development for front crawl and backstroke. Treading water is a without assistance is a priority skill in this course. Endurance is also a priority in this class.
Pompano Level 4	Pompano is a continuous intermediate level course. This course focus’ on more stroke development and adds breaststroke. Diving is introduced in this course. The instructors will work on very specific stroke techniques. These swimmers need corrective instruction and they pick the skills up quickly.
Barracuda Level 5	Barracuda is an advanced level course. This course will prepare a swimmer for swim team. The instructor identifies and corrects stroke development/techniques. Sidestroke and flip-turns are introduced in this course. These swimmers are serious about swimming and quick to learn.
Adaptive Course All Ages	The adaptive course is designed to benefit any special needs disability through water training. Participants receive one-on-one instruction and work on skills such as floating, paddling, breathing techniques, and stroke development. The structure of the class is designed to match the needs of the participant.
Adult Course Ages 13 & Up	The adult course is for any beginner – intermediate who wants to learn how to swim. This course teaches a wide range of skill level, the instructor will work “hands-on” with each individual and will expect self-motivation to practice. The swimmers in this course are eager to learn and usually work hard at practicing the skills to make them perfect
Private/ Semi-Private Lessons	Private swim lessons allow the instructor to personalize sessions to fit your individual needs as well as your schedule. All lessons are dependent on availability of the instructor and facilities. Please ask the Front Desk for a Registration form to sign up.

Aquatic Class Policies

First Day: Recreation Center members and non-members must sign the program activity roster at the front desk before entering pool. Unless observers have a Recreation Center membership, they are not permitted to use the Recreation Center.

Attendance: Please show up at least 5 minutes before class begins. Late entries may not be allowed to participate and the instructor(s) will not schedule a makeup session.

Inclement Weather: Outdoor swim lesson cancellations and rescheduling will not be decided until 3 pm on the day of class. Whenever possible classes will be moved to the Natatorium at the Recreation Center or pushed back for the following weather conditions: thunder and lightning, and/or heavy rain. Any class that has been in session for 20 minutes or longer will not be made up if unruly weather approaches. For those classes that are cancelled, plan on the makeup being on the Friday of that week. Updates will be posted on our Facebook page and your instructor will contact you regarding makeup information.

Refunds/Cancellations: The Lake Jackson Recreation Center reserves the right to cancel programs due to insufficient registration or injury or illness of instructor(s) within 72 hours of the scheduled program. Participants will be notified by phone of the cancellation and a full refund will be given for activities.

Once you complete program/activity registration, it is considered final. All cancellations and refunds are subject to a \$12 fee. If you wish to cancel or change your registration you must request a cancellation/change at least 14 days prior to program/activity start date to receive a full refund less the cancellation fee. Cancellations/changes made within 7-13 days prior to program/activity start date are eligible for a 50% refund. Cancellations/Changes made less than seven (7) days prior to program dates are not eligible for a refund.

Appropriate attire: All participants should come dressed in their bathing suits and bring towels. If it is necessary to change at the facility, please arrive several minutes early for the scheduled class, but no more than a half an hour. Please properly label all items brought onto the deck, as we cannot be responsible for lost or stolen items.

Class Level: The instructors have the ultimate discretion on which class level is best for a youth and have the right to switch a child into a higher or lower class level. Please be aware that although your child's swimming ability and comfort in the water will improve, we do not guarantee that your child will pass each level.

Instructors: If you feel a swim instructor or other Rec Center staff does not provide a sufficient level of customer service, please contact Aquatics Coordinator. All patrons are encouraged to fill out an evaluation form at the front desk at the completion of the session so we can see how to better serve our customers.

Class discipline: We reserve the right to take children out of classes when they are verbally or physically abusive to students or instructors, or if they disrupt the class.

Special Note: A certificate from any one of our classes does not ensure against drowning! Panic is the major cause of drowning & even a good swimmer can panic. Parents should at all times watch children at a pool or a wading pool, even when there is a lifeguard on duty. Parents know their child's ability level & can spot a problem more quickly than a lifeguard. Never assume that a child is safe in a water rings, swim ring, inner-tube, float toy, holding on to a kickboard, or even a Coast Guard approved life jacket. The child may float into water over his/her head, lose their floating support & find themselves too far from the side of the pool.

Private/Semi-Private Swim Lessons: All lessons are dependent on availability of the instructor and facilities. As we host other aquatic events and facility reservations, we are limited by the schedules and availabilities of both our instructors and facilities. It is our goal to process and begin all lessons as soon as possible without sacrificing the high quality service we strive to provide. In the event that an instructor is not immediately available, the swim lesson request forms are filed according to the date in which they were received. Once an instructor who has a schedule compatible with the requested lesson times becomes available, they will contact our applicants to set up a lesson schedule. Semi-private should consist of two participants only and should be registered at the time of sign-up.

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PARTICIPANT INFORMATION FORM

Participant Name _____ Nickname: _____

Grade Level: _____ DOB _____ Age _____ Gender: _____

Address _____ City _____ Zip _____

Home Phone _____ Email _____

Please circle the lesson you are registering for:

	6:00pm – 6:40pm	6:50pm – 7:30pm
Fall Session I (Mini Session) September 12 – 21	Tadpole – Preschool Level 1 (3 – 5yrs) *Aqua Tots (6mos – 3yrs)	Seahorse – Preschool Level 2 (3 – 5yrs) Flounder – Youth Level 1 (6 – 12yrs)
Fall Session II October 3 – 26	Seahorse – Preschool Level 2 (3 – 5yrs) Mullet – Youth Level 2 (6 – 12yrs)	Tadpole – Preschool Level 1 (3 – 5yrs) Goldfish – Preschool Level 3 (3 – 5yrs)
Fall Session III November 7 – 16	Tadpole – Preschool Level 1 (3 – 5yrs) Koi – Preschool Level 4 (3 – 5yrs)	Seahorse – Preschool Level 2 (3 – 5yrs) Snapper – Youth Level 3 (6 – 12yrs)
Winter Session I January 9 – February 1	Tadpole – Preschool Level 1 (3 – 5yrs) Flounder – Youth Level 1 (6 – 12yrs)	Seahorse – Preschool Level 2 (3 – 5yrs) Mullet – Youth Level 2 (6 – 12yrs)
Winter Session II February 13 – March 8	Seahorse – Preschool Level 2 (3 – 5yrs) Goldfish – Preschool Level 3 (3 – 5yrs)	Tadpole – Preschool Level 1 (3 – 5yrs) Snapper – Youth Level 3 (6 – 12yrs)
Spring Session I April 3 – 26	Tadpole – Preschool Level 1 (3 – 5yrs) Koi – Preschool Level 4 (3 – 5yrs)	Seahorse – Preschool Level 2 (3 – 5yrs) Pompano – Youth Level 4 (6 – 12yrs)

**Parents Must Be In the Water during Aqua Tots Classes*

Have you taken lessons at the Lake Jackson Recreation Center before? ____ Yes ____ No

If yes please list when? _____

Can we text you if there are any class changes? ____ Yes ____ No

PARENT/GUARDIAN – Primary Emergency Contact	PARENT/GUARDIAN
Relationship to Swimmer _____	Relationship to Swimmer _____
Name: _____	Name: _____
Phone: _____	Phone: _____
Cell Phone: _____	Cell Phone: _____
_____ check if okay to pick up	_____ check if okay to pick up
_____ check if primary contact for payment information	_____ check if primary contact for payment information

You're your Child have any Allergies: ____ YES ____ NO

If YES, please list: _____

Is your child subject to diabetes, asthma, fainting, or heart trouble? ____ YES ____ NO

If YES to any of these, please explain: _____

Does your child have any activity restrictions? ____ YES ____ NO

If so, what restrictions? _____

I understand and agree to indemnify, save and hold harmless the City of Lake Jackson, its agents and employees, from and against all claims, damages, losses and expenses (including attorney's fees, medical, and ambulance cost) that may that may arise out of my child's use of or presence on city property or arising out his or her participation in any activities or functions that may occur during the program, including contact with persons, animals or creations of nature of any and every kind that exist on property that may or may not be under the control of the City of Lake Jackson. In case of an emergency and I cannot be contacted, then I hereby authorize medical treatment.

I understand that City of Lake Jackson employees often take photographs of various community and/or athletic events throughout the community. I hereby grant the City of Lake Jackson permission to use my likeness or, if I am the parent or legal guardian of a minor child who is younger than 18 years of age, I give permission to use the minor's likeness in a photograph or other digital reproduction in any and all of its publications, including website entries, without payment or any other consideration. I further give permission to the City of Angleton to share this image with third parties for use in any and all of its publications, including website entries, without payment or other consideration.

Signature of Parent/Guardian

Date

OFFICE USE ONLY :	Emp Initials: _____	Date: _____
Payment: _____	Cash: _____	Check: # _____ Credit: _____
		CC AUTH #: _____